

10 Apps and Software That Personal Trainers Can Use With Clients

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Whether you're a new personal trainer looking for the best ways to communicate with your clients or a seasoned veteran who needs help keeping up with clients, chances are you've researched different apps and software to help with your business.

And with the recent growth in the development of apps and software, it's an absolute must to start using technology if you want to skyrocket your personal training business into new levels.

Using these recommended apps will allow you to focus more on giving your clients the results they want and spending less time on the mindless

recording, tracking, and unnecessary clerical work that no personal trainer likes to do.

We have conjured up the top 10 apps and software you can begin using to streamline your client based [personal training business](#) so you can experience growth like never before.

1. The Training Notebook (iOS)

[The Training Notebook](#) is one of the most robust and simple iPad apps out there for personal trainers. The home page gives you a central hub where you can easily access each one of your client's workout regimens, training schedule, contact information, and assessments.

The program page allows you to start building your client's training program in just minutes. You can then copy and paste your favorite workouts, email them to your clients, and you can even choose from pre-made program templates.

It doesn't stop there, the body assessment feature allows you to store before and after pictures of clients in one place. Additionally, you can input caliper readings into the app and it will calculate the rest for you.

All of the features in The Training Notebook allows you to save a ton of time that would otherwise be spent writing on paper.

2. Coach Pro (iOS)

[Coach Pro](#) is a fantastic app for managing your personal training business. It's an app for coaches, designed by coaches. The interface is user friendly and allows you to update client progress seamlessly.

It allows you to record session notes for your clients immediately after a session through voice dictation on your iPhone, track goals per client, successes, manage your appointment calendar and billing information all in one app.

3. GAIN Trainer (iOS)

[GAIN Trainer](#) is an app designed by trainers to help you scale your personal training business. The app comes with over 1,600+ exercises in their database and is developed to help you draw in a larger tech-savvy client base.

With GAIN Trainer, you can communicate with your clients, create programs and train clients remotely.

The ease-of-use will help you retain clients longer with more consistent training. The developers thrive on using the latest technologies and simple, effective design methods so you can focus more time on growing your client base and less on unnecessary client instruction.

4. FitSW (iOS)

[FitSW](#) is an excellent app for staying in communication with your clients. It allows you to manage multiple clients, their workouts, fitness progress graphs, and more all in one centralized location.

This makes it easier for you to stay on the same page with your client. Goal progress tracking and fitness graphs helps your clients stay motivated which will help with client retention.

It also includes a large workout database with demonstration videos so your clients know exactly how to perform each exercise you assign them.

[Learn What It Takes To Become a Personal Trainer](#)

5. Vagaro

[Vagaro](#) is a cloud-based app specifically for salons, spas and personal trainer management. It is a perfect solution for allowing personal trainers to book

appointments and manage different facility roles. Using Vagaro allows you to manage client databases, bookkeeping, and payroll all in one software.

If your personal training business is growing fast, Vagaro is a great software to help keep up with your clients. You can list available appointment slots through Vagaro and clients can look at fitness facilities nearby and book appointments through the Vagaro website or app.

Vagaro lets you create your own uniquely customizable web page to promote any discounts, offers or special events you may be having. And it even includes email marketing, QuickBooks integration, and text reminders.

6. PTminder Software

[PTminder](#) is a cloud-based website and mobile app that helps you manage the day-to-day of your personal training business with ease. You can access it through your phone or any device that has internet connection.

PTminder lets personal training businesses like yours to manage administrative tasks like payment processing and client management all through the cloud. It is one of the simplest, most efficient personal training softwares you can implement immediately to help you get more organized.

So instead of having to worry about time-consuming administrative tasks, PTminder Software will help you save a significant amount of time so you can focus more of your efforts on growing your business and helping your clients get results.

It also allows you to collect payments from clients by accepting debit and credit cards as well as offering payment integration through Paypal, Stripe, DebitSuccess, and Ezidebit.

7. Trainerize Software

[Trainerize](#) is a cloud-based personal trainer software that helps personal trainers stay on track with their clients.

With Trainerize, you can create individual personal training programs specific to each client. The app allows you to track meal plans, exercise regimens and communicate with clients all in real-time.

It also allows you to customize each workout using videos, photos and workout descriptions to give it even more of a personal touch. Trainerize then sends notifications to the personal trainer when the client checks in. This helps the client-trainer relationship stay on the same page so you can coach your clients towards reaching their goals even faster!

8. MINDBODY

[MINDBODY](#) is a cloud-based management and appointment scheduling software designed for both small personal trainer entrepreneurs all the way up to large fitness businesses. It is mostly used by gyms, personal training centers, wellness centers, salons and spas.

With MINDBODY, you can attract new customers by listing your business in the MINDBODY app. This gives your business more exposure to your exact target demographic.

Furthermore, MINDBODY gives you all of the fitness management needs you could possibly ask for. The software allows you to manage billing, class schedules, trainer rosters and payroll all in the software. You will no longer have to worry about having any paperwork slip through the cracks thanks to MINDBODY's ease of use, all-in-one solution.

9. Coach's Eye

[Coach's Eye](#) is best for clients who are more focused on their form for each workout and improving their lifts. This app is perfect for assessing any downfalls your clients may have regarding form and technique.

Coach's Eye lets you record your clients while they perform their workouts and it allows you to slow the video down, add notes to it, and correct their form so your client knows exactly what they're doing wrong and how to improve the lift.

Use Coach's Eye for your clients who are serious about perfecting their form and want constructive feedback so they can improve on their weaknesses.

10. My PT Hub

Used by over 50,000 personal trainers globally, [My PT Hub](#) is an online web application that helps personal trainers create customizable training programs unique to each client. You can then track their progress and achievements directly from My PT Hub.

It also has an extensive database of over 7,000 exercises with step-by-step tutorials so your client knows exactly how to perform each exercise. Additionally, you can create workout packages to sell to new and existing clients and even allows you to accept payment directly from the app.

It's important to stay ahead of the curve if you want to maintain a successful personal training business and taking advantage of online apps and software could help give you the competitive edge against your competitors.

These apps will not only streamline your business - freeing up more time for yourself - but you could also benefit from increased client retention, helping you make more money.

So whether you're just starting out with your personal training business or you're an experienced trainer, using just *one* of the apps or softwares listed above could help you make more money, stay more organized, and get more clients.